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Exam 2: NUR253/ NUR 253 (New 2023/ 2024 Update) Concepts of Mental Health Nursing Exam Review| Guide with Questions and Verified Answers| 100% Correct- Galen

QUESTION

Phases of Group Development

Answer:

Orientation phase:
- Rules
- Expectations
- Start and stop time and dates

Working phase

Termination phase

QUESTION

Group Leadership Responsibility

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Answer:

Initiating:
- Get them going on time
- Reiterate the topic or purpose of the meeting

Maintaining:
- Keep them on track

Terminating:
- Recapitulation
- End on time

QUESTION

Styles of Leadership

Answer:

Autocratic leader:

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- Do it my way or makes decisions independently
Democratic leader:
- Decide how to do it or make decisions as a group
Laissez-faire leader:
- Don't care how you do or when you do it just have it done on time

QUESTION

_Challenging Members

Answer:

Monopolizing member
Complaining member who rejects help
Demoralizing member
Silent member

QUESTION

_Bipolar 1 disorder

Answer:

•This is the most severe bipolar disorder

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•Moods fluctuate from mania to deep depression (periods of normal functioning may alternate)

•Bipolar 1 Disorder is characterized by at least one MANIC EPISODE

QUESTION

_Mania

Answer:

•Hallucinations and delusions
•Extreme energy (no need to eat, sleep, etc.)
•Risk taking behavior
•Feeling euphoric and optimistic
•Lasts at least a week
•Is a psychiatric and physical emergency

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QUESTION
_Bipolar 2 disorder

Answer:
•This is less severe than Bipolar 1 disorder

•Moods fluctuate from hypomania to deep depression (periods of normal functioning may alternate)

•Hypomania does not include hallucinations or delusions but is similar to mania in other symptoms to a lesser degree

•The depression, however, can be very severe and that can include psychotic features

QUESTION
_NI for Bipolar 1

Answer:
Your initial intervention is to physically stabilize:
•Assess hydration and physical condition
•Medicate

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Keeping an environment of decreased stimulation:
•Clear and concise communication

Reinforcing healthy patterns of sleep, eating and behavior:
•Offer high calorie fluids frequently
•Encourage frequent rest periods
•Monitor I & O
•Offer finger foods and high fiber foods

QUESTION
_NI Bipolar Disorder 2

Answer:
•Encourage healthy patterns of eating, sleeping, etc.

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